



## Pineapple Macadamia Nut Meringue Pies

 Vegetarian

READY IN



300 min.

SERVINGS



12

CALORIES



172 kcal

DESSERT

### Ingredients

- ☐ 0.1 teaspoon cream of tartar
- ☐ 1 large eggs lightly beaten
- ☐ 2 large egg whites
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup brown sugar light packed
- ☐ 3 ounces macadamia nuts salted
- ☐ 2.3 cups pineapple fresh diced cored peeled () (labeled "extra sweet")

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 3 tablespoons butter unsalted

## Equipment

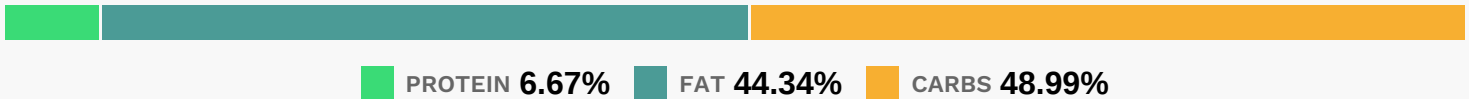
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ wax paper
- ☐ offset spatula

## Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F. Toast nuts in 1 layer in a shallow baking pan in oven, stirring once or twice, until golden, about 5 minutes. Cool completely in pan on a rack. Coarsely chop 1/4 cup nuts and set aside.
- ☐ Pulse flour, sugar, salt, and remaining 1/2 cup nuts in a food processor until nuts are finely chopped, then add butter and pulse until mixture resembles coarse meal.
- ☐ Add egg and process until dough begins to come together into a ball but is still crumbly. Form dough into a ball with your hands. Press about 1 tablespoon dough evenly over bottom and up side of each pie plate. Chill shells until firm, about 30 minutes.
- ☐ Lightly prick bottoms and sides of chilled pie shells all over with a fork.
- ☐ Bake until edges are golden and bottoms are pale golden, 12 to 15 minutes.
- ☐ Cool completely in pans on racks. Loosen edges of shells carefully with offset spatula, then carefully remove shells from pans and transfer to a shallow baking pan.
- ☐ Sprinkle chopped nuts into bottoms of shells. Leave oven on.
- ☐ Simmer butter, pineapple, brown sugar, and lemon juice in a 12-inch heavy skillet over moderate heat, stirring occasionally, until most of liquid is evaporated and pineapple is slightly translucent, about 10 minutes.

- ☐ Cool slightly, then spoon a heaping tablespoon of filling into each shell.
- ☐ Beat whites with cream of tartar in a large bowl with an electric mixer at high speed until they just hold soft peaks. Gradually beat in sugar and beat until meringue holds stiff, glossy peaks. Spoon about 2 tablespoons meringue over filling of each pie, covering filling completely and sealing meringue to pastry.
- ☐ Draw meringue up into small peaks and bake until tops are golden in spots, about 5 minutes.
- ☐ Cool pies on racks, about 30 minutes.
- ☐ Serve warm or at room temperature.
- ☐ ·Unbaked pie shells can be chilled, covered, up to 1 day.·Pie shells can be baked 3 days ahead and kept, layered between sheets of wax paper, in an airtight container at room temperature.·Pies can be baked 4 hours ahead and kept at room temperature.·The egg whites in the meringue will not be fully cooked, which may be of concern if salmonella is a problem in your area. You can substitute liquid pasteurized egg whites.

## Nutrition Facts



## Properties

Glycemic Index:17.81, Glycemic Load:10.82, Inflammation Score:-3, Nutrition Score:5.8469565316387%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 172kcal (8.6%), Fat: 8.77g (13.49%), Saturated Fat: 2.8g (17.52%), Carbohydrates: 21.81g (7.27%), Net Carbohydrates: 20.48g (7.45%), Sugar: 12.09g (13.44%), Cholesterol: 23.02mg (7.68%), Sodium: 66.11mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Manganese: 0.66mg (32.8%), Vitamin C: 15.36mg (18.61%), Vitamin B1: 0.19mg (12.88%), Selenium: 6.31µg (9.02%), Folate: 27.99µg (7%), Vitamin B2: 0.12mg (6.95%), Copper: 0.11mg (5.51%), Fiber: 1.33g (5.31%), Iron: 0.95mg (5.28%), Vitamin B3: 0.96mg (4.81%), Magnesium: 16.88mg (4.22%), Phosphorus: 37.25mg (3.72%), Vitamin B6: 0.07mg (3.43%), Potassium: 99.14mg (2.83%), Vitamin A: 127.98IU (2.56%), Vitamin B5: 0.25mg (2.51%), Calcium: 19.12mg (1.91%), Zinc: 0.26mg (1.76%), Vitamin E: 0.18mg (1.18%)